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# August 2023

## This Month's Happenings



Did you ever notice how people look like their pets? We'd like to try to match you to your pet!

On August 18 bring a picture of your favorite pet and we'll see if we can match the pet to the owner even if you don't look like your cat, dog or guinea pig. We want to see them!

Which is your favorite breed of dog? Enjoy doing the Dog Breed Word Search inside.

On August 24 you bring a picture or a story of a favorite vacation memory and we will share them with each other. We can show snapshots and postcards. Bring something that helps us know where you have traveled.

## Client Highlight: Esther Kraybill



Esther Kraybill lives with her husband Elvin on campus at Landis Homes. She enjoys living in their 3<sup>rd</sup> floor apartment that has a great view of the Amish farms so she can watch the farmers work.

In Esther's spare time, she enjoys reading and taking walks on the walking trail to Oregon Dairy. Her favorite foods are fresh fruits and vegetables.

Esther also enjoys singing hymns such as "*Joys are Flowing Like a River*" or "*My Life Flows in Endless Song*". She does not spend a lot of time worrying about things and is always ready to lend a helping hand if needed. Esther and her husband plan to travel to Yellowstone National park this summer and then to Montana to see her brother. Her favorite thing about attending Eden West are the women on staff. She says they are a real joy to her and they are very social and warm.

Landis   
Adult Day Services

*Enriching* Each Day, Together

1001 East Oregon Road  
Lititz, PA 17543  
LandisAdultDay.org  
717-581-3975

### No Longer Alone Family Support Group

The monthly meetings provide a place for those who have a loved one living with mental illness to learn and share their experiences.

**Sunday, August 27**  
**from 3:00 - 5:00 p.m.**  
*Crossings Meeting Room*

**Speaker:**  
Mia Carbaugh, Family of  
NLA FSG members. **TOPIC:**  
**"Living Life to the  
Fullest with Brain  
(Mental) Health!"**  
Followed by a time of sharing

For information  
call 717-381-3599 or  
email [JAlbright@landis.org](mailto:JAlbright@landis.org)

*Landis Adult Day Services is funded, in part, under an Agreement with money allocated by the Pennsylvania Department of Aging and the Lancaster County Commissioners, through the Lancaster County Office of Aging.*

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## Thank You!

**Tim Yoder** for the donation of magazines to the center.

**Tim Kauffman** for the donation of sodas to the center.

**Ron Gigl** for the donation of snack crackers to the center.

**William Gordon** for the delicious cookies to celebrate his birthday.

**David Hayward** for the donation of coloring book to the center.

**Jim Wilson** for the donation of Milano cookies to the center.

**Deb Wenger** for the yummy Wilbur buds to celebrate her birthday.

### Welcome

We welcome to the center this month:

**Kelly Gradwell** and  
**Shirley Shelly-Eshleman**

### Goodbye

We say goodbye to **David Russell** and **Nellie Schoff**, they will be missed in the center and we wish them well.

### Condolences

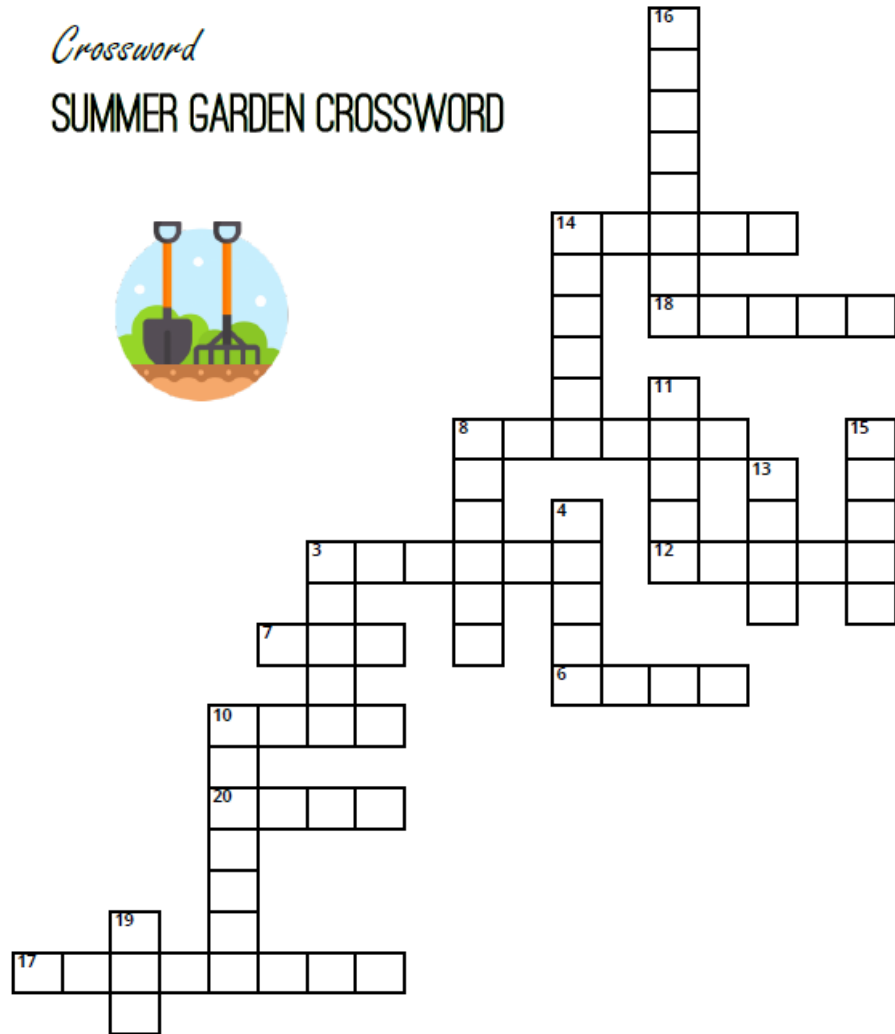
We send our condolences to the family of Helen Diffenderfer who passed away in July.

### Birthdays

08 Jeffery Brooks  
12 Linda Price  
13 Joyce Loercher  
19 Jody Klopp  
20 Peter Sholly  
22 William Odenwelder  
22 David Steiner  
23 Doug Diem

## Crossword

### SUMMER GARDEN CROSSWORD



### Across

- Use this tool to dig a hole - 6
- Can grow very tall and has a trunk - 4
- A garden plot for flowers - 3
- Place to grow flowers fruit and vegetables - 6
- Water flows from the spout through this flexible tube - 4
- Aromatic plants like sage and thyme - 5
- A barrier to protect your garden from wildlife - 5
- Beautiful water feature - 8
- Part of a plant that is underground - 5
- Used to clean up leaves - 4

### Down

- What you sow in a garden - 5
- Organism with leaves - 5
- Wear these on your hands when gardening - 6
- Gather a ripened crop - 7
- Long wooden garden seat - 5
- Feathered and can fly - 4
- Adds beauty and color to a garden - 6
- Requires regular trimming to keep it neat - 5
- A person who tends to outdoor grounds - 8
- Source of light and heat that most plants need to grow - 3

## Staff Highlight: Janet Miller

This month we are featuring Janet Miller. Janet is new to the center and works as a Program Assistant. She is married to her husband Doug and together they have 6 adult children, 1 grand daughter and a dog named Chloe.



In her free time, she enjoys spending time with her family, kayaking, wildlife photography, hunting and fishing. The thing that makes her smile the most is being out on a lake at the break of dawn in her kayak and listening to nature awaken. Janet has enjoyed being able to help and serve others in Eden West and hopefully makes their day better.

## Dog Breeds Word Search

|   |   |   |   |   |   |   |   |   |   |   |   |   |   |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| B | S | P | A | N | I | E | L | F | K | R | I | B | B |
| M | H | R | S | D | N | U | O | H | Y | E | R | G | T |
| R | E | E | P | N | E | X | M | A | S | T | I | F | F |
| X | P | Z | R | U | H | I | B | E | X | N | S | F | R |
| S | H | U | G | O | D | L | L | U | B | I | H | R | E |
| E | E | A | U | H | D | G | B | L | U | O | S | E | V |
| N | R | N | K | T | A | A | P | E | O | P | E | I | E |
| A | D | H | U | E | C | X | R | V | G | C | T | R | I |
| D | O | C | B | S | H | X | L | B | U | O | T | R | R |
| T | C | S | F | S | S | M | S | R | A | T | E | E | T |
| A | K | I | T | A | H | U | S | K | Y | L | R | T | E |
| E | K | Y | Y | B | U | I | E | P | R | A | H | S | R |
| R | X | X | M | O | N | G | R | E | L | D | O | O | P |
| G | M | K | X | U | D | O | W | H | I | P | P | E | T |



AKITA  
BASSET HOUND  
BEAGLE  
BULLDOG  
COLLIE  
CURSINU

DACHSHUND  
FOXHOUND  
GREAT DANE  
GREYHOUND  
HUSKY  
IRISH SETTER

LABRADOR  
MASTIFF  
MONGREL  
POINTER  
POODLE  
RETRIEVER

SCHNAUZER  
SHAR PEI  
SHEPHERD  
SPANIEL  
TERRIER  
WHIPPET

# Tips for Living

## Summer Safety Tips



### Stay Hydrated

Drink 8 or more glasses of water per day to stay healthy & hydrated



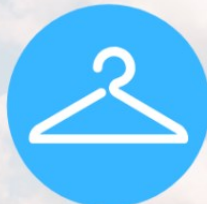
### Know the Side Effects of Medications

Some medications have side effects such as drowsiness or sun sensitivity



### Stay Cool

Stay in the A/C, indoors, go swimming, etc.



### Wear Light, Loose Fitting Clothing

Wear breathable clothing and light colors that reflect the sun



### Have Emergency Contacts

Have a list of people to call in case of emergency



### Know the Weather Forecast

Plan your days accordingly depending on the weather

<https://fcfreepresspa.com/>

## WISH LIST

Are you looking for an alternative to bringing a food treat to celebrate a special occasion with the center? Consider a donation of any of these items! We will still celebrate their special day and every one will benefit.

*Small Game Prizes  
Sugar Free Candy  
Velvet Coloring pages  
Trivia Question Books*

*Markers  
Adult Coloring pages  
Individually Packaged Treats  
Sticker by Number Books*